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MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Introduction

Categories: Info, Wok

Yield: 1 info

No ingredients

The "cooking craze" for gourmet meals and exotic cooking at home has finally arrived, states a feature article of TIME magazine of december 19, 1977. The "cooking craze" rampage has caused homemakers to purchase thousands of Chinese woks across the country. From the sensuous pleasures that these people have derived from dining at top quality Chinese restaurants across the nation, the zeal for Chinese food has reached a popularity that surprises even the most seasoned Chinese restaurateur. Few of these wok purchasers know much about wook cookery, but most express a desire to learn how to cook well in one. Hence, the reason for writing this booklet.

The author has spent some ten years teaching Chinese cooking both formally in a university classroom and informally to various consumer groups. This booklet was written in response to the numerous questions that she has been asked within the last two years. The basic instructions and recipes have all been used by her many students.

One should have a desire to know something about China and its foods before seriously embarking upon cooking stylistic dishes of its cuisine. It lends greater fascination to know how some of these dishes were developed and gives one a slight insight into Chinese customs and culture.

The country of China, now known as The People's Republic of China, is the largest country in the world by population, with 800,000,000 people. It is the third largest country in the world by geographical area. Probably the best known feature of Chinese culture and civilization is its cuisine. Chinese restaurants are found in almost all large cities of the world.

Chinese cuisine has been at a high stage of sophistication for countless centuries. This is evidenced by Confucius when he wrote in his "Analects" during the sixth centure, B.C., that he liked his meat

minced fine and his rice polished white. Regional cooking styles have existed in China for at least a thousand years. Even foods described in poetry by the Sung Dynasty poet, Su Tung Po (1037 to 1101 A.D.) are not much different from the ones consumed today. There are extant descriptions of court banquets at Hangchow of the Sung Period (907 to 1279 A.D.) that consisted of 40 to 200 courses and were served over a period of one to three days. To serve all this food, the "elite" of this period used gold, silver, jade and all types of porcelain dishes. Some of these wares are presently on display at the Peking Museum.

Since it is impractical in our society to strive toward ancient Chinese court life, we can nevertheless strive to become sophisticated gourmets. Some students are quite content to learn some Chinese dishes and add variety to their diets. To become an accomplished wok cook, it is not essential to use truly Chinese ingredients. Some students do prefer Chinese ingredients, but the author has found that most beginning wok cooks could not readily find the time to go to a Chinese grocery store. Because of this inconvenience, this initial booklet is designed to utilize ingredients that are readily available in a large supermarket. Recipes utilizing true Chinese ingredients can be found in another booklet, "Advanced Wok Cookery", by the same author.

China has had a long legacy of high civilization, and it has long been recognized that man must exist harmoniously with society and nature. Even today, despite increased technology in agriculture and animal husbandry, nature still creates its catastrophes; hence, the Chinese reverence for good food, well prepared. If one has only one life to live, then at least let it be pleasant as possible for one's duration on the Earth.

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Title: The Wok

Categories: Info, Wok

Yield: 1 info

No ingredients

It is not known exactly when the Chinese first used woks. By examining

extant funerary stoves and stone relief pictures of the Han Dynasty (200 B.C. to 220 A.D.), the author conjectures that they definitely have been used for at least two thousand years. Since the Chinese wok is a concave shaped cooking pan without seams or corners, it was probably invented to fit directly over the round hole of the Chinese cooking stove. Wood was used to fuel the cooking stove. When the wok was put over the cooking hole, the rounded bottom of it would become the hottest part of it, while the upper sides remained somewhat cooler. To take advantage of this heating condition, the Chinese "chow" or stir fry pieces of food that have been cut up into bite size quickly in the wok. The high heat at the bottom of the wok seals in the individual flavours of each ingredients. With a quick stir of the wrist, all of the flavours of the ingredients are blended together to form harmonious or contrasting tastes and textures.

Deep frying and steaming may also be performed in the wok. The wok is actually an all purpose cooking utensil for the Chinese. Except for a very good Chinese cleaver and a pot for cooking rice, that is all that a Chinese really needs to prepare his meals.

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Title: Selecting a Wok

Categories: Info, Wok

Yield: 1 info

No ingredients

Because there are many types of woks available for sale on the market, the novice wok cook should make some distinction among them. Some woks are sold individually while others are sold as sets with lids, rings, etc. The materials that woks are made of are spun sheet steel, hand hammered iron (low carbon steel), and stainless steel. There are also teflon coated electric woks. For the beginner, the author recommends that he purchase a wok set with lid, ring, wok turner, ladle, and strainer. A wok made of low carbon steel is preferred as this type of metal is a better conductor of heat. If one is concerned with appearance, a stainless steel wok is recommended. It can be scoured with steel wool and restored to newness after each use. Because stainless steel is a relatively poor conductor of heat and tends to reflect the heat back to the stove, it

is recommended that a stainless wok be chosen with a slightly flattened bottom, to provide greater contact with the heating element of an electric stove.

Regardless of the type of wok that one selects, one should consider the concaveness of a wok. There are shallow concave woks and deep concave woks. The best wok shape is a medium concave wok. If a wok is too deep then the heat of it will be mostly concentrated in the bottom of it and not enough on the sides. If the wok is too shallow, again, only the center of it will be heated and sides hardly at all. For the same reasons of heat conductivity, a thicker gauge wok is preferred to a thin metal wok.

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Title: Seasoning the Wok

Categories: Info, Wok

Yield: 1 info

No ingredients

Only iron and steel woks need to be seasoned. Stainless steel woks do not need this treatment as they are far less porous than iron or steel woks. However with stainless steel woks, more oil is required to prevent the food from sticking.

Seasoning a steel wok enables foods to glide smoothly over the cooking surface of the wok. In a properly seasoned wok one should be able to make perfect omelettes. If the omelette even sticks ever so slightly, then the wok is not properly seasoned and should be re-seasoned.

There are two methods for seasoning the iron or steel wok. After purchasing the wok, wash it out thoroughly with detergent to remove the surface grease which is applied to keep the wok from rusting while in shipment. Instead of grease some woks are coated with varnish coating and is difficult to remove. Bicarbonate of soda should be boiled in the wok to rid the surface of this coating. When the cooking surface of the wok is free of anti-rusting coatings, apply a thin coat of polyunsaturated cooking oil to the surface of the wok. Heat the wok up over a very high cooking flame for three or four minutes until the oil begins to smoke. Reduce the heat and keep

the wok over low flame for the next half hour. From time to time brush some of the oil up around the sides of the wok to season it. At the end of half an hour the wok is ready to use.

Another more thorough method of seasoning a wok is to brush polyunsaturated cooking oil on the cooking surface of the wok and then place the wok into an oven at 150'C. for four hours. The oil in the wok will become pooled while heating in the oven, so about every hour or so, take your brush and brush the oil up around the sides of the wok and continue heating.

New woks may cause a slight metallic taste to the first two or three dishes that are cooked in it, but after use, the metallic taste disappears.

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Title: Caring for and Storing the Wok

Categories: Info, Wok

Yield: 1 info

No ingredients

A properly seasoned wok should not be scoured with abrasive material such as steel wool. After cooking foods in the wok, it is best to run very hot water into it and clean the surface of the wok with a bamboo brush or plastic scour. Dry the wok thoroughly with a paper towel and store for future use. Some gourmets will place a small amount of oil on their fingertips to re-coat their woks to keep them in top cooking condition. Eventually through repeated usage, a dark brown film will develop in the wok. The wok is now truly seasoned. This film is essentially carbon and is not harmful to one's health. The bottom of the woks, the part that touches the cooking flame of the stove should definitely be scoured over occasionally to free it of collected residue.

If one has the misfortune to accidentally burn food in the wok, it will be necessary to take steel wool and scour out the burnt material and then re-season the wok once again. Each time that one has to scour out the wok with abrasive material, then one should re-season the wok.

Stainless steel woks sometimes stick when used to cook omelettes or for stir-frying meats. To overcome this problem, one can spend five minutes to "season" the wok before use or spray a coating of lecithin on the surface of the wok to allow for easy gliding of the foods. Lecithin is sold commercially under several brand names as "non-stick" cooking aids.

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Title: Selecting and Using Other Chinese Cooking Utensils

Categories: Info, Wok

Yield: 1 info

No ingredients

While it is not absolutely essential to purchase a lot of exotic Chinese implements for one's kitchen, the author recommends the purchase of a good Chinese cleaver. Like the wok, the Chinese cleaver has been known in China for centuries. There are several types of Chinese cleavers on the market. Most of the ones that are available at department stores or Chinese shops are made of mild steel with either metal or wooden handles. There are ones with 1 1/2" of blade width, others up to 4" blade width. If one wishes to spend the money, it is best to purchase a Chinese cleaver with a 1 1/2" blade for slicing vegetables and another 4" blade one for all purpose work. If one is living on a strict budget and can only afford one knife, it is best to purchase the Chinese cleaver with the 4" blade. In both cases choose knives with blades that can be readily honed to sharpness. There are some Chinese cleavers on the market which have thick blades. These are used for mincing meats or for heavy duty chopping. It is well to buy one of these also, if you already own the above mentioned two.

There are Chinese cleavers made of stainless steel. These are more expensive and are rather difficult to hone to razor sharpness. For these reasons, they are not as popular as ones made with mild steel.

Your Chinese cleaver should be washed and dried with a paper towel. It should be kept as sharp as possible at all times because Chinese cookery requires that most foods be either sliced, diced, shredded,

or minced. A knife steel (which can be purchased from most restaurant supply houses) or a fine whetstone is used to keep knives sharp. In sharpening the Chinese cleaver, one should alternate the blade surface as one is honing it against the whetstone. A daily honing of ten or twelve strokes is not too much for your Chinese cleaver. Do, however, store your Chinese cleaver carefully in a drawer so that the blade side is down. Otherwise one could accidentally cut oneself when opening the drawer, if the blade of the cleaver is facing upwards.

In order to use the Chinese cleavers or for that matter, any other groups of sharp knives efficiently, one must definitely have a good cutting board. Breadboards may be used. The only problem with a breadboard is that it is likely to crack if one uses it for mincing meat upon it, Chinese style! If one can afford one, it is best to get a thick, cross-grained laminated hardwood meat board. They cost more but are very durable and will not splinter.

As mentioned earlier, the only other essential piece of equipment that one needs for good Chinese cooking, is a pot for cooking rice. Any pot with a tight fitting cover can be used. If you are cooking a small amount of rice, a small one or two quart pot will do. Most Chinese people prefer to use a heavy gauge pot for cooking rice. The author has taught students to cook rice successfully in stainless steel copper bottom pots, as well as clear glassy pyrex pots. The chief requirement for a good rice pot is that it has a well fitting tight cover, so that the rice can be properly steamed in it during its cooking process. Automatic rice cookers are marvelous inventions for anyone who eats rice very frequently. In addition to cooking perfect rice every time, an automatic rice cooker does not cause a crust of hard browned rice to form at the bottom of the pot. Some people discard this rice thereby creating wastage. There isn't any wastage with an automatic rice cooker. However some gourmets prefer the first mentioned method of cooking rice, appreciating the delicate toasted flavour that is imparted to the rice from the resulting crust. The author has included instructions for cooking perfect white rice in an ordinary pot at the end of the introductory section of this booklet.

Chopsticks are so inexpensive that it is well to buy at least a dozen pairs. They are usually sold in packages of ten pairs. Besides using them for eating at the table, many Chinese cooks use them for stir-frying or for mixing ingredients. They can be used in lieu of a fork or slotted spoon. They are especially useful for picking out

ingredients, either in cooking or in eating.

Currently there are some non-warp wood chopsticks coming from The People's Republic of China on the market. If one cooks a great deal with chopsticks, one might want to purchase a pair of long wooden chopsticks expressly for this purpose. Due to prolonged use in stir-frying in the wok, the tips of the chopsticks acquire a burnt appearance and, therefore, become unattractive for table settings.

There are also plastic and ivory chopsticks, if one desired fancier chopsticks for setting the table. However, food does have a tendency to slide off them and, therefore, more people prefer wooden chopsticks.

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Title: Using the Chinese Cleaver (Part 1)

Categories: Info, Wok

Yield: 1 info

No ingredients

With a little practice, any beginning wok cook can master the use of the Chinese cleaver. As mentioned earlier, a Chinese cleaver must be honed very sharply before use and one should have a suitable cutting board on hand.

The Styles of cutting foods for Chinese cooking include slicing, dicing, shredding and mincing. It cannot be stressed enough that students must exercise safety in the use of the Chinese cleaver. A dull cleaver or knife will cause accidents as the cook will have to work too hard at slicing anything. A sharp knife will also cause accidents, if not held properly.

To hold a cleaver properly for cutting, one should take his right hand (or left hand, if left handed) and get a firm comfortable grip on his cleaver. The other hand should be free to hold or move the food as it is being cut. If a food, such as a potato, is round, it is best to hold it firm on the cutting board and with your free hand cut the potato directly in half. Lay the flat side down on the cutting board and continue slicing. By creating a flat surface, a round food

is prevented from rolling, thereby lessening the chances of an accident.

There are two types of slicing styles in Chinese cooking. The first is straight slicing and the other is diagonal slicing. There should be a rhythm of motion involved in slicing foods and this may be achieved by the novice cook with practice. For slicing, insert the forward blade of the cleaver into the food. Your free hand should hold the food onto the cutting board. Press down toward the back part of the blade, slice. The motion should be forward to back. Use your free hand to push food up to the knife blade, keeping the fingers tucked in. The blade should be kept as close to the cutting board as possible. Repeat slicing motion until all food is cut. This slicing motion is done with ease. Great pressure need not be exerted on the knife. If you are using great pressure on your knife then you are cutting with unnecessary effort or else the knife is dull. Usually the novice cook does quite well until he gets to slicing the end piece of the food, then it is better to go slower to finish off the job.

The main point that must be emphasized for wok cookery is that the food should be sliced as uniformly as possible. This is to allow like foods to be cooked at the same time. If some slices of a like food are thick while others are medium or thin, then the thin slices will be undercooked. So strive for uniformity in cutting.

Meats, especially beef, should be sliced across the grain of the meat. This is to prevent the meat from becoming "tough" when it is cooked. The most difficult type of meat for novice cooks to cut is beef. It also is the easiest to overcook and render "tough." For anyone who has difficulty in learning to cut beef, it might be better to use a thin sharp blade knife (like the 1 1/2" cleaver). Lay the beef flat with the muscular or long fibers perpendicular to the cutting board. Insert the forward blade of the knife across the grain of the beef. Take your free hand and lay the fingers over the slice of beef that you wish to cut. Slice slowly towards yourself. You can feel the thickness of your beef slice. Try to slice your beef about 2x1/2" in length and breadth, and about 1/8" to 1/4" thick. Some beginning wok cooks are afraid of holding the beef with their free fingers. This is incorrect as it will cause either accidents or result in coarsely, uneven cut beef. If you are initially afraid of the knife, do the cutting very slowly until you gain more confidence. The finished cooked dish will be the reward for your patience.

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Title: Using the Chinese Cleaver (Part 2)

Categories: Info, Wok

Yield: 1 info

No ingredients

Diagonal slicing is usually performed on cylindrical or semi-cylindrical vegetables such as celery, bok choy, beans, carrots, etc. It can also be performed on other vegetables or meats to give a more attractive effect to the finished cooked dish.

Diagonal sliced vegetables have a larger cut surface area to be exposed for rapid cooking in the wok. By having this advantage, vegetables can be thoroughly cooked in a minimum of time and yet retain its bright natural colouration. Vegetables are also more nutritious cooked this way as a minimum of vitamins and minerals are lost in the cooking process.

The only difference between diagonal cutting and straight cutting is that the knife is held in the hand so that it can cut the food at a 45' angle. The same motion as in straight cutting is employed. Most beginning wok cooks do not hold their foods so that the knife can cut it at a 45' angle. They have a tendency to hold it as for straight cutting because they are afraid of the knife. Again it must be emphasized that one should practice this cutting technique slowly at first. Speed will come as one gains experience.

Dicing food means that it must be cut into cubes of uniform size. Decide on what size you wish your cubes to be. If you are stir-frying food in a wok, the maximum suggested size that a cube should be is about 3/4". This is so that the cubes can be cooked through without prolonged heating.

In dicing foods, it is best to cut strips or slices, depending upon the shape of the food, the desired width of the cube. Slice these strips or slices into square strips. Lastly cut these strips or slices into cubes.

Shredded food means that it has been cut into the shape of sticks. Depending upon the food, one may shred it into very fine sticks or coarse sticks. If a food requires lengthy cooking time, it is well to shred it finely. The less cooking time required for the food, the coarser the sticks may be.

In shredding foods, one first straight slices the food. Stack several of the slices on top of one another. Straight slight through the stack in the same width as the slice.

Mincing foods is a requirement that all Chinese cooks must know since so many native Chinese dishes require mincing. Raw meat is perhaps the most difficult food to mince finely.

Before mincing meat, remove and discard all tough connective tissues from it. Coarsely dice the meat into 3/4" cubes. Add cubes of onions or whatever that is to be minced with it. Take your 4" Chinese cleaver or your heavy duty Chinese mincing cleaver and chop the cubes with a straight rhythmic up and down motion. Use the blade of the cleaver from time to time to consolidate the mass of meat together as you are mincing it. When the meat forms a mass, it is minced. Examine it to see if it is as finely minced as desired. If not, continue chopping until it meets your requirements.

There are some other practical uses for you Chinese cleaver. The blade of it can be used for transporting cut foods either into a plate or directly into the wok from the cutting board. The Chinese cleaver can be turned sideways so that the blade can act as a mallet for pounding meats flat or for crushing cloves of garlic or ginger. The handle of it can be used for grinding or pulverizing salted beans or peppercorns. Like the wok, the Chinese cleaver is a multi-use implement.

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MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Menu Planning and Ingredients

Categories: Info, Wok

Yield: 1 info

No ingredients

As explained in the introduction, this booklet of recipes is prepared for the use of ingredients readily available in supermarkets. Some supermarkets carry a larger line of oriental ingredients than others. The author has noticed that fresh bean sprouts and other Chinese vegetables are now appearing in the vegetable sections of some supermarkets. Evidently, the preparation of Chinese foods is becoming more and more popular.

When shopping in the supermarket, carefully look over the brands and conditions of foods that are available. Also, compare prices. It is well to read the weekly grocery advertisements of your local paper. Plan your meals according to the meat "specials" that are appealing and available that week. To operate your food budget economically and yet eat well, work out your evening meal plans for the forthcoming week. Include any guests that you expect to have. Before shopping, look in your freezer and refrigerator to see what meats and vegetables are in your inventory, if possible, plan to utilize what you already have. Then make up your shopping list.

People in China plan their meals only a day or so at a time as they do not have refrigerators. Consequently, shopping at the market for fresh vegetables and meat is a daily chore. Only dried foods can be stored in bulk in most Chinese homes. Therefore, fresh foods are purchased in only the quantities that can be utilized that day. The Chinese delight in going to the market daily to choose the freshest possible ingredients. They check to see if the vegetables and fruits are crisp and unblemished. Fish, shrimps, and other sea delicacies are purchased alive. Fowl is purchased alive and slaughtered just before being put into the pot. Interestingly, an extant Han Dynasty stone relief picture depicts this process. The Chinese have been particular about selecting fresh foods for centuries.

Most supermarkets try to keep their meat and vegetables in the best possible condition. It is wise, however, to look over the fresh foods carefully to see if the leafy green vegetables are unwilted, the celery and lettuce crisp, the cauliflowers white, and the fruits unblemished. Meat should have a very good colour and appearance. Seafoods are generally sold in the frozen state in supermarkets. When thawed and cooked properly, they are almost as good as fresh.

The Chinese do use a bit of spice and other flavouring agents in their cookery. Currently these items are not available in most supermarkets. For this booklet we will utilize the most important

flavouring agent of all, soya sauce. Chinese tea is not available in the supermarket. It can be purchased from stores in the "Chinatowns" of large American cities. The following is a description of the foods used in the recipes of this booklet.

RICE: For daily consumption, long grain rice is used. There are many types of long grain rice. In this country, the Chinese usually buy the kind called PATNA rice.

NOODLES: Noodles are a staple food item for the inhabitants of northern China. For our recipes, choose EGG noodles from the supermarket. Pasta or macaroni is not recommended in our recipes as it does not contain egg. Because of this, pasta is not as "tough" or "elastic" as egg noodle; therefore it readily breaks up in a "chow mein" when stirred too much.

OILS: Polyunsaturated oils are preferred for Chinese cooking. Chinese consider peanut oil as being the most flavoursome, but corn, safflower, and soya oils are used. Butter, margarine, and olive oil are never used for Chinese wok cookery.

TEA: There are three main types of Chinese tea - green, red, and black. Green tea is unfermented, red tea is semi-fermented, and black tea is completely fermented tea leaves. There are many different grades of teas within these three broad classes. Generally speaking, the higher the price of the tea, the better the grade. Chinese tea can be purchased from Chinese grocery stores in the "Chinatowns" of large cities.

VEGETABLES: All vegetables available in local markets are used in Chinese cookery. In addition to fresh bean sprouts, some supermarkets will seasonally stock celery cabbage and snow peas. Bamboo shoots and water chestnuts are available from the oriental canned goods section.

MEAT: Except for luncheon meats, all types of American meats are suitable for Chinese cookery.

CONDIMENTS AND SEASONINGS: Soya sauce, ginger powder, nuts, corn starch and other condiments used in our recipes are all available in supermarkets.

There aren't any definite rules for planning Chinese meals. In Asia, some Chinese people will eat "congee" or "dim sum" for breakfast,

while others prefer it to lunch. Some families will consume rice and a two course meal for breakfast while others will dispense with eating breakfast altogether. Family evening meals are the main events of the day. They generally consist of rice, a soup, and two or three wok cooked dishes. Even though one has limited funds, a Chinese weekly menu can be very varied. There are literally tens of thousands of recipes used in Chinese cookery, new ones being invented daily. It is impossible for any one person to even have heard of all the available recipes, let alone having tasted most of them. Because of their existence, most Chinese are spurred on to enjoying greater eating and cooking experiences. We hope our booklet will help to initiate you along this road.

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Title: General Wok Cooking Instructions

Categories: Info, Wok

Yield: 1 info

No ingredients

(1) Always check to see if you have all the ingredients on hand before preparing meals.

(2) Cut up your meat and vegetables, marinating any that require this process. Set aside for cooking, if you are cooking several wok dishes at the same meal, prepare all of them before cooking any.

(3) Place oil in wok, heat until oil just begins to smoke.

(4) Stir fry your meat, onions, or garlic together. Then add other ingredients accordingly.

(5) If a gravy is desired, use a little corn starch (about 1 tablespoon) dissolved in 1/3 cup of water. Stir this mixture vigorously and pour into your wok on top of your cooked food. Mix thoroughly. Your gravy should be just the right consistency. In case it is too thick, add hot water a tablespoon at a time to thin gravy out. If the gravy is too thin, mix up more corn starch solution and repeat process.

(6) If you are cooking several wok dishes at the same meal, and are worried about keeping them all warm, heat your oven up to 150'C. and store cooked dishes in it until eating time. Maximum storage time is about one hour. DO NOT store cooked leafy green vegetables in this manner as they will turn yellow. Instead, leave those in an uncovered wok and reheat at meal time. If you have an electric hot tray, it is excellent for keeping dishes warm.

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Title: Cooking Perfect White Rice

Categories: Info, Wok

Yield: 1 info

No ingredients

One of the chief obstacles of most beginning wok cooks is knowing how to make good edible rice. There isn't any real secret to it. A recipe developed for beginners is included. All one has to do is follow the recipe instructions EXACTLY. But first, some facts on rice will be discussed.

CHINESE RICE: There are many species of rice, about 1,000 of them. Approximately 50 of these types are cultivated in China. The properties of each of these varies as to growth, resistance to disease, adaptation to climate, soil conditions, etc. These factors all contribute to the quality of the harvested rice.

Most Chinese and other Orientals can readily distinguish the quality of rice by its texture and taste after it is cooked. There are three main grain types of rice, long, medium or oval, and short. The Chinese people generally use long grain rice while the Japanese people favour oval grain rice. Short grain rice is generally cooked by both peoples for special pastries or festive dishes.

Both long and oval grain rice are cooked in identical manners. The only difference is in knowing how much water is to be used in cooking the rice. This knowledge can only be obtained through experience and personal preference.

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Title: Plain White Rice

Categories: Rice, Wok

Yield: 2 cups

2 c Rice

Water

Place two cups of dry rice in a pot which has a very well-fitting cover. Wash the rice in cold water, rubbing the rice with your hands to remove excess starch. Pour starchy water out, rinse rice with cold water. Wash and rinse rice a second time. Add enough water to cover the rice to a depth of 1/2-3/4". If you like your rice fluffy, add 3/4" of water. If you like your rice drier, then use less water. Place lid over rice pot. Allow the rice to stand in the pot 1/2 hour before cooking.

1. Turn the burner of your stove on the highest setting. Place pot of rice over it. Allow rice to come to a full boil. Allow it to boil for about 4-5 minutes. Then turn the flame of the burner down to the medium setting. Allow the rice to boil a further 5 minutes. UNDER NO CIRCUMSTANCES should you lift up the cover to peer at the rice, as this causes the steam inside the pot to disperse. For this reason your resultant rice may come out raw at the top.

2. After cooking rice on medium heat for 5 minutes, reduce your burner flame to its lowest point and allow rice to steam 15 minutes or more. NOW cook whatever wok dish or dishes that you wish to serve with the rice.

3. Just before serving time, take a large spoon and fluff rice up.

NOTE: Do not be alarmed if some of the water and steam foam out of the pot, this is a part of rice cookery.

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Title: Beef with Asparagus

Categories: Beef, Oriental, Meats, Wok

Yield: 4 servings

1/4 lb Round steak, sliced
1 tb Soya sauce
1 tb Wine
Salt
1 sm Onion, sliced
1/2 lb Asparagus, sliced on the
-diagonal
1 Celery stalk, sliced on the
-diagonal
3 tb Water
3 tb Oil

1. Slice beef. Marinate in soya sauce, wine, and salt. Slice other ingredients.

2. Heat oil in wok to smoking point. Stir fry beef and onion for about 3 minutes. Remove to platter. Add asparagus to wok plus 3 tablespoons water. Stir, cover wok. Cook 3 minutes, lifting cover once or twice to stir asparagus. Add celery. Cook two more minutes with wok covered. Lift cover once to stir ingredients. Add beef back into wok. Mix everything together well. Serve

NOTE: A corn starch gravy may be added to the above recipe if desired. Chicken or pork can be used in place of beef, they can be retained in wok while asparagus and celery are cooking in it. It is suggested that the asparagus be cut diagonally as it requires a fair amount of cooking time.

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Title: Beef with Broccoli

Categories: Beef, Oriental, Meats, Wok

Yield: 6 servings

1 c Beef, sliced thin
Salt
2 tb Soya sauce
1 tb Wine
1/2 bn Broccoli, shredded in 3"

-lengths

-OR

1/2 lb Broccoli, shredded in 3"

-lengths

2 tb Sugar

3 tb Oil

1/2 c Water

1. Carefully slice beef into thin bite size pieces, across the grain of beef. Marinate beef in soya sauce, wine and salt. Shred broccoli.

2. Place oil in wok and heat to smoking point. Quickly stir-fry beef in it, no more than 3 minutes. Remove beef to a platter and reserve.

3. Add broccoli to wok, 1/2 cup water, sugar. Turn burner to medium high heat, cover broccoli, cook 6 minutes. Lift the cover of the wok and stir the broccoli every so often so that it will cook on both sides. At the end of 6 minutes, the broccoli should just be cooked through, if it isn't, cook a minute or two more.

4. Add beef back to broccoli, stir everything together. Place in platter.

NOTE: Pork, or chicken may be substituted, only do not remove pork or chicken to a platter after initial stir-frying but continue to cook it with broccoli. Beef is removed for reserve because it toughens with prolonged cooking.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Sweet and Sour Meatballs

Categories: Beef, Oriental, Meats, Wok

Yield: 6 servings

1 lb Lean ground beef

1 sm Onion, minced

1 Egg

2 tb Soya sauce

Salt

Pepper

2 tb Oil

3 tb Brown sugar
3 tb Cider vinegar
1 c Pineapple chunks
1 Green pepper, sliced
1 Tomato, cut into wedges
2 tb Corn starch, dissolved in
1/2 c Water

1. Mix ground beef, minced onion, egg, soya sauce, salt and pepper together. Form mixture into very small meatballs, no larger than 1" in diameter. Slice green pepper and tomato. Assemble other ingredients.

2. Heat oil in wok to smoking point. Carefully place meatballs into wok. Brown meatballs thoroughly on all sides (about 12 minutes cooking time). Remove them to a serving platter. Pour meat juices over meatballs.

3. Take a piece of paper toweling and wipe wok clean of any residue. Place 3 tablespoons brown sugar and 3 tablespoons cider vinegar in wok. Cook until the sugar is dissolved. Add tomato, green pepper, and pineapple chunks to wok. Cook everything 3 minutes. Stir up corn starch solution thoroughly. Add to wok, stirring everything well. Cook two or three minutes until corn starch solution is clear instead of cloudy. Pour over meatballs.

NOTE: Try to keep your meatballs as tiny as possible, as they will absorb the sweet and sour sauce better. The appearance of the dish will also be nicer.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Beef with Tomato and Green Peppers
Categories: Beef, Oriental, Meats, Wok
Yield: 5 servings

1 lb Round steak
2 tb Soya sauce
1 tb Wine
Salt
1 Onion, sliced thinly
1 Garlic clove, minced

3 tb Oil

4 Tomatoes, cut in wedges

-(If hot house tomatoes are
-used, add 2 tablespoons
-water along with tomatoes
-at cooking time)

1 Green pepper, coarse. sliced

2 tb Sugar

1 1/2 tb Corn starch, dissolved in

1/2 c Water

1. Carefully slice beef into thin bite size pieces about 1x1". Be sure you slice beef across the grain, otherwise the beef will become tough after cooking. Marinate meat in soya sauce, wine, salt for a few minutes. In the meantime slice tomatoes, green peppers, onion; mince garlic. Make up corn starch solution. Have sugar on hand.

2. Heat oil up in wok until smoking. Stir fry beef quickly in it for no longer than 3 minutes. Remove beef to a platter. Reserve. (If beef is allowed to remain cooking in wok with other ingredients, it will become hard and tough.)

3. Add green peppers and tomatoes to wok. Add sugar, cook tomatoes down until juice forms in bottom of wok (about 3-5 minutes cooking time).

4. Add beef back into wok. Stir all ingredients up so that it is mixed. Add corn starch solution, cook 1 minute. Shut burner off, serve dish immediately.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Beef with Celery and Mushrooms

Categories: Beef, Oriental, Meats, Wok

Yield: 4 servings

1/4 lb Round steak, sliced

2 tb Soya sauce

1 tb Wine

Salt

1 sm Onion, sliced

- 3 Celery stalks, sliced
-diagonally
- 1 c Fresh mushrooms, sliced
- 3 tb Water
- 3 tb Oil

1. Slice beef. Marinate in soya sauce, wine and salt. Slice celery, onion and mushrooms. Assemble other ingredients.

2. Heat oil in wok to smoking point. Stir fry beef and onion in it for about 3 minutes. Remove beef and onion to a platter. Add celery, mushrooms and 3 tablespoons water to wok. Stir fry until mushrooms are wilted. Cover wok about 2 minutes. Add beef back to wok, stir fry all ingredients about 1 minute. Place all in platter.

NOTE: If desired, a corn starch solution may be made to form gravy with this dish.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Beef with Green Peppers

Categories: Beef, Oriental, Meats, Wok

Yield: 4 servings

- 1/2 lb Round steak, sliced thinly
-OR
- 2 c Round steak, sliced thinly
- 1 tb Soya sauce
- 1 tb Wine
- Salt
- 2 Green peppers, coarsely
-shredded
- 2 tb Oil
- 1 tb Corn starch, dissolved in
- 1/3 c Water
- 4 tb Water

1. Carefully slice beef into thin bite size pieces, across the grain. Marinate beef in soya sauce, wine, and salt. Prepare and shred green peppers.

2. Place oil in wok and heat to smoking point. Quickly stir fry beef in it, no more than 3 minutes. Remove beef to a platter and reserve.

3. Add green peppers to wok, also 4 tablespoons water. Stir fry green peppers about 3 minutes, uncovered, in wok.

4. Add beef back into wok, stir up corn starch solution and pour into wok. Mix everything up. Gravy should be on the thin side. Place in platter.

NOTE: If desired, 2 cloves of garlic could be minced and stir-fried along with beef to give dish a zestier taste.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Cauliflower with Ground Beef

Categories: Beef, Oriental, Meats, Wok

Yield: 5 servings

1 c Ground beef (1/2 lb)

1/2 Onion, minced

1/2 md Cauliflower head

-OR

1 sm Cauliflower head

Salt

1 tb Soya sauce

3/4 c Water

3 tb Oil

1 1/2 tb Corn starch, dissolved in

1/2 c Water

1. Prepare ingredients. Slice cauliflower into 1/4" thick slices.

2. Place oil in wok and heat to smoking point. Add ground beef and onion to it. Stir fry meat until it is browned (about 3 minutes). Add cauliflower, salt, soya sauce and 3/4 cup of water. Cover wok and cook ingredients a full 10 minutes. Lift cover up occasionally to stir cauliflower so all of it will cook uniformly.

3. Stir up corn starch solution, add to mixture, stir thoroughly.

NOTE: Pork or chicken may be substituted for ground beef.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Ground Beef with Zucchini and Tomato

Categories: Beef, Oriental, Meats, Wok

Yield: 5 servings

1/4 lb Ground beef
1/2 md Onion, sliced or minced
2 tb Soya sauce
Salt
2 sm Zucchini, peeled and sliced
-diagonally
2 Tomatoes, cut into wedges
1/2 c Water
1 t Sugar
3 tb Oil
1 1/2 tb Corn starch, dissolved in
1/3 c Water

1. Mix ground beef, onion, soya sauce and salt together. Peel and slice zucchini. Cut tomatoes.

2. Heat oil in wok to smoking point. Stir fry ground beef mixture in it until browned, about 2-3 minutes cooking time. Add zucchini and 1/2 cup of water, stir ingredients. Cover wok with lid, cook ingredients 5 minutes, lifting wok cover 2 or 3 times to stir mixture. Add tomatoes and sugar, cover, cook 2 or 3 minutes more. Uncover, stir up corn starch solution thoroughly, pour into wok, stir to form gravy.

NOTE: Chicken, pork, or shrimp could be substituted for ground beef

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Chicken Fried Rice

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 6 servings

- 1 tb Oil
- 1 Egg, slightly beaten
- 2 tb Oil
- 1 c Chicken, finely diced
- 1 md Onion, finely diced
- 1/2 c Water chestnuts, finely
-diced
- 1/2 c Bamboo shoots, finely diced
- 1/2 c Celery, finely diced
- 1 c Fresh bean sprouts
- 1/2 c Frozen peas (opt)
- 1/2 c Sliced mushrooms (opt)
- 4 c Cooked rice
- Soya sauce
- Salt
- Pepper

1. Cut up and prepare all ingredients. Reserve.
2. Heat wok up with 1 tablespoon oil and fry egg into a thin sheet. Remove to plate and reserve.
3. Add 2 tablespoons more oil to wok. Heat until smoking. Stir fry chicken and onion together until cooked. (If leftover meat is used, just heat through.) Add bean sprouts, peas, celery. Stir and cook 2 minutes with wok covered. Uncover wok, add all the rest of the vegetables. Stir fry and cook covered for 2 additional minutes. Add cooked rice, season with salt, pepper, soya sauce. Reduce heat to medium. Take your turner and break up clumps of rice as finely as possible. Make sure rice takes up soya sauce and does not remain white. Keep stir-frying until all rice is broken up and heated through. Shut heat off. Cut up sheet of egg into small pieces and stir into rice, or remove rice to serving platter and garnish with egg slivers.

NOTE: Leftover rice makes a better fried rice. If using leftover rice, place rice in sieve and rinse with hot water from the tap. Pork , beef or shrimps (cooked or uncooked) may be substituted for above chicken.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Chicken Chow Mein

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 6 servings

- 1/2 lb Egg noodles
- 1 1/2 c Shredded chicken
 - 1 md Onion, sliced
 - 2 c Celery sliced diagonally
 - 2 Celery stalks sliced
 - diagonally
 - OR
- 1 1/4 c Fresh mushrooms
 - OR
- 3/4 c Canned mushrooms
- 1/2 c Sliced water chestnuts
- 1/2 c Bamboo shoots, sliced
- 1 c Fresh bean sprouts
 - OR
- 1 1/2 c Shredded celery cabbage
- 3 tb Soya sauce
- Salt
- Pepper
- 4 tb Oil

1. Prepare and slice all ingredients. Cook noodles in salted boiling water. Drain in colander, run cold water over noodles to remove excessive starch from them. Reserve.

2. Place oil in wok, heat to smoking point. Add chicken and onions, salt to it and stir fry 3 minutes, then add celery, celery cabbage or bean sprouts, stir fry briefly, cover wok, cook ingredients 2 minutes. Lift cover off wok, add water chestnuts, bamboo shoots, mushrooms, soya sauce, and cook for 3 minutes longer, with wok cover. Lift cover of wok 2 or 3 times to stir ingredients so that everything can be cooked through. When ingredients are cooked, add pepper, more salt, if desired. Mix drained noodles in, stir everything up thoroughly.

NOTE: Use egg noodles only. Macaroni does not contain egg and will break up when stirred as for chow mein. Shrimps or pork could be substituted for the meat above or for super deluxe chow mein, a 1/2

of each meat may be used.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Hot Pepper Chicken

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 4 servings

2 Whole chicken breasts

-OR

4 Chicken breast halves

Salt

Corn starch

4 Fresh hot peppers

1 tb Brown sugar

1 tb Cider vinegar

2 tb Soya sauce

1 tb Wine

1/2 c Water

1 c Peanuts

2 tb Oil

1. Cut chicken meat in sheets away from breast bone, slice into squares of 1x1". Dredge in a mixture of corn starch and salt on a piece of wax paper. Allow pieces to dry individually on wax paper about 20 minutes.

2. Remove seeds from fresh peppers. Coarsely cut into strips. Reserve.

3. Mix sugar, vinegar, soya sauce, wine together in a small bowl. Reserve.

4. Heat oil in wok until smoking, add dredged chicken, stir fry on all sides. If oil is hot enough for chicken, pieces will not stick to wok.

5. Add sugar and vinegar reserve, hot peppers. Place cover over wok. Add 1/2 cup water, cook over medium heat 5 minutes. Self gravy should form in the bottom of wok. Stir chicken in gravy so it will cook in gravy. Gravy should become gelatinous after 5 minutes of cooking. If it becomes too thick, thin gravy out with small amounts of water.

6. Sprinkle in 1 cup of peanuts, mix thoroughly.

NOTE: Canned hot peppers are too soft to be used for this dish. If desired, dried cayenne peppers can be reconstituted for use. If you are fond of this dish, it is well to freeze your own hot peppers, in season.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Pineapple Chicken

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 5 servings

1 1/2 Whole chicken breasts
Corn starch
1/2 c Flour
1 Egg
1/2 c Water
Salt
Oil for deep frying
1/2 c Brown sugar
1/4 c Cider vinegar
1 c Pineapple chunks plus juice
-(enough to make 1 cup)
1/4 c Red maraschino cherries
1 1/2 tb Corn starch, dissolved in
1/2 c Water

1. Slice chicken into 1x2x1/4" pieces, dredge in corn starch and lay aside to dry slightly on wax paper. Prepare a batter in a small bowl of 1 egg, 1/2 cup water, 1/2 cup flour, and salt. Mix batter very thoroughly until smooth. Assemble rest of ingredients.

2. Pour oil halfway up in your wok. Turn on burner to high and allow oil to heat up. Place a piece of bread crust to test readiness of oil. If bread crust is medium browned, then oil is ready. If bread crust is dark brown or black, shut heat off of oil and allow to cool 5 minutes or more before turning heat back on. Retest oil before cooking anything in it. If bread crust is a very light brown, then oil is not quite ready yet.

3. When oil is ready, place about 8-10 pieces of chicken into batter, take a pair of chop sticks or fork and lift pieces out of batter and slice into oil in wok. Chicken pieces will slide to bottom of oil at first and will then rise. After chicken is risen, deep fry 2 1/2 minutes on each side. Drain chicken on paper toweling to remove excess oil. Place chicken in serving plate. Repeat procedure until all chicken is cooked.

4. In a separate small pot, place 1/2 cup brown sugar, 1/4 cup cider vinegar, cook until dissolved. Add pineapple chunks and juice. Stir up corn starch thoroughly in 1/2 cup water, add to pot and stir thoroughly. Cook under medium heat 3-5 minutes until gravy is clear. Add maraschino cherries. Pour over chicken.

NOTE: Breaded, deep fried shrimps lend well to this recipe.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Chicken Almond Guy Din

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 5 servings

1 c Chicken, diced
1 lg Onion, diced
1 c Celery, diced
1 c Bamboo shoots, diced
1/2 c Water chestnuts, diced
1 Green pepper, diced
1/2 c Mushrooms, diced
1/2 c Almonds, toasted
3 tb Oil
Salt
Pepper
1 tb Soya sauce
1 1/2 tb Corn starch, dissolved in
1/2 c Water

1. Prepare and dice all ingredients. Toast almonds in oven. Reserve.

2. Heat oil in wok to smoking point, add chicken and onions to it, stir fry 3 minutes, add celery to all the rest of the ingredients

except for the almonds and corn starch solution. Stir everything well. Cover wok and cook ingredients 2 minutes. Lift cover up about 2 times to give ingredients a stir. At end of cooking time, uncover wok, add thoroughly mixed corn starch solution, cook until gravy forms. Place ingredients in serving platter. Sprinkle with almonds.

NOTE: Chicken may be replaced by shrimps or pork in above recipe.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Wined Chicken in Deluxe Gravy

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 6 servings

- 1 Fryer (3-4 pound in weight)
 - 1 lg Onion, cut into wedges
 - 1 c Fresh mushrooms, sliced
 - OR
 - 1/2 c Canned mushrooms
 - 1/2 c Celery, sliced
 - OR
 - 1 Celery stalk, sliced
 - 1/2 c Water chestnuts, sliced
 - 4 tb Oil
 - 1/4 c Soya sauce
 - 1/4 c Wine
 - 1 1/2 tb Corn starch, dissolved in
 - 1/3 c Water
1. Take your Chinese cleaver and chop through bone of chicken to form chunks of chicken, about 2x2". Marinate all chicken chunks in wine, soya sauce, salt for at least 20 minutes. In the meantime, slice all the other ingredients and have ready for cooking.
2. If your wok is small, you will have to divide your chicken into 2 batches and cook each batch seperately. If your wok is large enough to hold all the chicken, then place 4 tablespoons oil in it, heat to smoking point, add all of the chicken and onions to it, stir fry and brown chicken on all sides with wok uncovered. This will take about 10 minutes. At the end of this period, cover wok and cook chicken a further 10 minutes.

3. Uncover wok, add clery, mushrooms, water chestnuts, stir everything well. Cover wok and cook ingredients 3 minutes, uncovering wok, once to give things a stir. Mix starch solution up well, add to wok, stir everything up thoroughly.

NOTE: If your wok is small, cook the chicken in two batches. Remove both batches of chicken to a serving platter. Leave chicken juices in wok. Cook vegetables and make gravy in it. When vegetables and gravy are cooked, pour over chicken. This dish can be used as a main dish in Canadian cuisine, by not cutting up the chicken so fine.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Chicken with Zucchini

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 4 servings

3 tb Oil

1 1/2 c Sliced chicken meat

2 tb Soya sauce

1 tb Wine

1/2 c Bamboo shoots, sliced

3/4 lb Zucchini, coarsely shredded

-OR

3 c Zucchini, coarsely shredded

2 t Sugar

Salt

1. Slice and prepare chicken, zucchini, and bamboo shoots. Marinate chicken in soya sauce, wine, and salt.

2. Place oil in wok, heat to smoking point, stir chicken in it for 3 minutes until all sides of chicken are seared white.

3. Add zucchini, bamboo shoots, 3/4 cup water, 2 teaspoons sugar. Cook on medium high heat for 7 1/2 minutes. Zucchini should be very tender by this time, liquid in wok should have been absorbed by vegetables and reduced to very little in the wok. Pour into serving dish.

NOTE: Pork can be substituted for chicken, but cooked longer.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Walnut Chicken with Ham

Categories: Chicken, Oriental, Poultry, Meats, Wok

Yield: 6 servings

2 c Chicken, diagonally sliced

-OR

1 Whole breast chicken,

-diagonally sliced

1 tb Soya sauce

1 tb Wine

Salt

1 md Onion sliced or diced

1 c Frozen peas

1/2 c Sliced water chestnuts

2 sl Luncheon ham, sliced in

-2x1" pieces

3 tb Oil

1/2 c Walnut meats, toasted

1. Slice and prepare ingredients. Toast walnuts. Marinate meat in wine, soya sauce, and salt about 5 minutes.

2. Heat oil in wok to smoking point. Stir fry chicken and onions together 3 minutes, add peas and water chestnuts, stir, cover wok and cook ingredients 3 more minutes, lifting cover twice to stir ingredients. Mix in ham and walnuts.

NOTE: If desired, almonds or cashews could be substituted for walnuts, or nuts may be omitted altogether.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Easy Sweet and Sour Pork

Categories: Pork, Oriental, Meats, Wok

Yield: 4 servings

MMMMM-----PART 1-----

1 1/2 lb Lean pork butt or fresh ham
3/16 c Soya sauce
3/16 c Sherry
Salt
2 tb Oil

MMMMM-----PART 2-----

1/2 c White sugar
1/2 c White vinegar
1 1/2 tb Corn starch, dissolved in
1/4 c Water
1/4 c Pineapple juice
3 tb Tomato soup

MMMMM-----SUGGESTED EMBELLISHMENTS-----

1/4 c Pineapple chunks
Few pieces of raw carrot,
-sliced or shredded
1/2 Green pepper shredded
1 Tomato, cut into wedges
1/2 c Mixed sweet pickles

PART 1:

1. Cut pork into 1/2x1/2x1" rectangles. Marinate in mixture of salt, soya sauce and sherry for at least half an hour. While meat is marinating, prepare Part 2.
2. Add 2 tablespoons oil to wok and heat up to smoking point. Take a slotted spoon and use it to lift pork pieces from marinate, place in wok and brown meat on all sides. Lower heat slightly to medium high and continue to cook meat for a full 15 minutes, using turner to stir pieces occasionally.
3. At end of cooking time, place meat in serving dish. Pour sauce from Part 2 over it.

PART 2:

1. Place white sugar and vinegar in a small 1 quart pot. Boil together until sugar is dissolved. Stir up corn starch in 1/4 cup water. Add to

vinegar-sugar boil. Stir solution, lower heat to medium low, add pineapple juice and tomato soup. Boil solution 15-20 minutes, until it turns from milky red to a clear reddish yellow.

2. Add suggested embellishments. You can use all of them or some of them. Cook 2 minutes. Serve over Part 1.

NOTE: Pork spare ribs cut into 1 1/2" lengths may be used in place of pork butt. However, spare ribs have more fat than fresh ham or pork butt, so use 1 tablespoon less oil in stir-frying ribs or else discard fat which accumulates in wok when ribs are finished cooking. Also Part 2 (sans embellishments) can be made in a larger quantity and store in a covered plastic container in refrigerator for 2-3 weeks.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Lion's Head Pork

Categories: Pork, Oriental, Meats, Wok

Yield: 5 servings

2 c Pork

6 Water chestnuts

2 sl Onion (thick slices)

Salt

Pepper

2 tb Soya sauce

3 tb Oil

1 1/2 lb Coarsely shredded celery
-cabbage (about 4-5 cups)

1. Take your Chinese cleaver and coarsely dice pork. Dice water chestnuts and slices of onion. Place all together on a heavy duty meatboard. Mince with your Chinese cleaver until all three of the ingredients are blended together into a lump. (It takes 10-15 minutes of solid mincing to accomplish this.)

2. Place minced meat into a bowl. Add salt, pepper, and soya sauce. Blend together and form into 4 large meatballs.

3. Place oil in wok. Heat should be on medium. Heat oil for about 1

minute. Add pork balls to wok and brown slowly on all sides, about 15 minutes. Cover wok, reduce heat to low medium and cook pork balls a further 30 minutes, lifting cover up from wok from time to time to turn meatballs, so that they can be cooked through evenly.

4. Lift meatballs from wok and reserve on platter. Add celery cabbage to wok. There should be some meat juice in the wok, about 1/2 cup or so. If there isn't any, add 1/4 cup water to celery cabbage. Stir fry about a minute, cover and cook a further 3 minutes, lifting cover once or twice to stir cabbage. Place cooked celery cabbage on serving platter. Arrange meatballs over cabbage.

NOTE: Celery cabbage is a winter season vegetable. If it is not available in summer, regular cabbage can be substituted. Increase the cooking time of the regular cabbage to 7 1/2 minutes.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Deluxe Pork Chop Suey

Categories: Pork, Oriental, Meats, Wok

Yield: 6 servings

1 c Shredded fresh lean pork

1 md Onion, sliced thin

1 tb Soya sauce

3 c Fresh bean sprouts

-OR

1/2 lb Fresh bean sprouts

1/2 c Shredded bamboo shoots

1/2 c Sliced water chestnuts

1/2 c Sliced canned mushrooms

-OR

1 c Sliced fresh mushrooms

3/4 c Sliced celery (~1 lg stalk)

Salt for seasoning

Pepper for seasoning

1 tb Corn starch, dissolved in

1/3 c Water

2 tb Oil

1. Shred pork into narrow strips, slice onion. Marinate both in soya

sauce for 20 minutes. In meantime slice all other ingredients and arrange on platter, ready to cook. Assemble corn starch solution.

2. Place oil in wok, turn heat on it. As oil is heating turn wok so that oil will as mush cooking surface as possible. When oil begins to smoke slightly, add marinated pork and onions. Stir fry about 2 minutes until pork is browned. Place wok cover over pork and cook a further 3 minutes, making sure that the meat is thoroughly cooked. Uncover wok, add bean sprouts and celery. Stir and cook 2 minutes. Add all the rest of ingredients, add salt and pepper for taste. Stir fry thoroughly. Cover and cook 3 more minutes. Uncover wok, add corn starch solution. Be sure you stir up your corn starch solution thoroughly before adding to wok. Shut heat off. Stir all food together. Serve over rice.

NOTE: Chicken, beef, veal, shrimps may be substituted for pork.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Pork, Eggplant, and Tomato

Categories: Pork, Oriental, Meats, Wok

Yield: 5 servings

1 c Pork, shredded

1 md Onion, sliced

Salt

1 t Soya sauce

3 tb Oil

2 c Eggplant, sliced

-OR

1/2 lg Eggplant, sliced

2 c Canned tomatoes

1 t Sugar

1. Prepare ingredients. Marinate pork in salt and soya sauce for 5 minutes.

2. Heat oil up in wok to smoking point. Add pork and onions. Stir fry pork until browned, about 5 minutes. Add eggplant, tomatoes, and sugar. Cover wok. Cook ingredients for 15 minutes. Lift cover occasionally to stir ingredients.

NOTE: This could be made into a purely vegetarian dish by omitting the pork. Stir fry the eggplant and onions first, then add the tomatoes.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Shredded Pork Delight

Categories: Pork, Oriental, Meats, Wok

Yield: 6 servings

2 c Lean pork, finely shredded
-(about 3/4 lb)

1 tb Soya sauce

1 tb Wine

Salt

Black pepper

6 tb Water

2 c Frozen peas

1 c Finely shredded bamboo
-shoots

1 c Sliced mushrooms, fresh or
-canned

3 tb Oil

1. Shred pork into fine narrow strips. Marinate in soya sauce, wine, salt, and pepper. Shred bamboo shoots, slice mushrooms, assemble other ingredients.

2. Heat oil up in wok until smoking slightly. Quickly stir-fry pork shreds in it. Cook 5 minutes until all pork is browned. Cover and cook under medium heat a further 3 minutes.

3. Uncover wok, add peas, bamboo shoots, 6 tablespoons water. Cover and cook 2 minutes. Uncover, add mushrooms, cook a further 3 minutes. Place on platter.

NOTE: Chicken can be substituted for pork.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Pork with Green Beans and Mushrooms

Categories: Pork, Oriental, Meats, Wok

Yield: 5 servings

4 c Green beans, fresh or frozen

1 1/2 c Sliced fresh mushrooms

-OR

1 c Canned mushrooms

1 c Shredded pork

1 md Onion, sliced

1 tb Soya sauce

Salt

3/4 c Water

3 tb Oil

1 1/2 tb Corn starch, dissolved in

1/2 c Water

1. Slice and prepare all ingredients.

2. Place oil in wok and heat up moderately. Add pork and onions to wok and stir fry together two minutes. Add soya sauce, beans, salt and 3/4 cup of water. Cover wok and cook ingredients a full 6 minutes under medium high heat. Lift cover of wok several times to stir ingredients do that all will be cooked through. At the end of six minutes, add mushrooms. Cook a further 3 minutes, with wok covered. Lift cover once or twice to stir ingredients to mix them. Mix corn starch in 1/2 cup of water. Lift cover off wok, add starch solution to form gravy. Shut heat off.

NOTE: Ground beef or chicken may be substituted for the meat above.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Pork with Cabbage

Categories: Pork, Oriental, Meats, Wok

Yield: 5 servings

1/2 c Pork, shredded

1 tb Soya sauce

Salt

1/2 md Cabbage, shredded
3 tb Oil
1/2 c Water

1. Shred pork and cabbage.
2. Place oil in wok and heat to smoking point. Brown pork in it (about 3 minutes cooking time). Add cabbage, salt, and soya sauce. Stir everything well. Add 1/2 cup of water, cover wok and cook all ingredients 8-10 minutes, lifting wok cover from time to time to stir mixture.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Butterfly Shrimp
Categories: Seafood, Oriental, Wok
Yield: 6 servings

1 lb Shrimp with shell on
2/3 c All purpose flour
1 Egg
2/3 c Water
Salt
Corn starch
Oil for deep frying

1. Take shells of shrimp. For deveining and making butterfly shape of shrimp, insert a knife into the back of a shrimp, and cut crosswise, but do not sever shrimp completely into half, leave some connection at head and tail ends. Remove knife, open shrimp halves to form butterfly shape, remove vein. Prepare all the other shrimp similarly. If desired, you could use the flat edge of you Chinese cleaver and pound the butterfly shrimp flatter.
2. Place some corn starch on a piece of wax paper. Carefully dredge butterfly shrimp on both sides in corn starch, place shrimp on another piece of wax paper to dry slightly.
3. Prepare a batter of 2/3 cup water, 1 egg, 2/3 cup flour, and salt. Mix batter thoroughly. Reserve.

4. Pour a good quality oil halfway up in your wok. Turn on your burner to its highest setting. When you think the oil is sufficiently heated, take a small piece of bread and place it in the oil. If the bread browns lightly on both sides, then the oil is ready for deep frying shrimp. If your bread fails to brown immediately in the oil, then your oil is not up to temperature yet. If your bread turns a deep brown or black, then shut the burner off and allow your oil to cool at least 5 minutes, before turning it on again. Be sure to test your oil again to see if it is cool enough to deep fry shrimp.

5. When your oil is ready for deep frying, take 6 or 8 or your dredged shrimp and place them in your batter. With a pair of chopsticks or fork, coat your shrimp with batter. Lift each shrimp out of batter carefully, so as not to disturb the butterfly shape, and slide each down the side of the wok into the oil. The shrimp will slide to the bottom of the oil, and then rise up to the top of the oil. After the shrimp have risen, cook about 1-1/2 minutes, then flip them over and deep fry 1 1/2 minutes on the under side. Remove shrimp to a plate covered with paper toweling to drain excess oil. Repeat procedure until all shrimp are cooked.

6. Remove cooked shrimp to a serving platter. Garnish with parsley or other raw vegetables.

NOTE: Coating of corn starch on shrimp helps the batter to stay on. Without the corn starch coating the batter readily comes off of the shrimp after cooking.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Deep Fried Shrimp Balls

Categories: Seafood, Oriental, Wok

Yield: 5 servings

1 lb Shrimp, cleaned & deveined

2 Bacon strips

4 Water chestnuts

-OR

1/2 md Onion

Salt

Pepper

- 1 Egg, beaten
- 2 tb Corn starch
- Oil for deep frying

1. Mince shrimp, bacon, onion or water chestnuts together until fine. Place mixture in bowl. Remove crusts from bread. Dice bread into very fine cubes. Place cubes in shrimp mixture. Add salt, pepper, egg and 2 tablespoons corn starch to mixture. Combine thoroughly.

2. Fill a wok halfway up with oil. Heat oil on highest heat setting. When you think oil is sufficiently heated, test the temperature of it with a small piece of bread crust. If it fries to a golden brown colour, then oil is ready for deep frying. If bread crust fails to brown readily, then oil is not ready yet. If bread crust fries to a dark brown, then oil is too hot. Shut heat off of wok, allow oil to cool 5 minutes before turning heat on again. Retest oil with bread crust to see if it is of proper temperature.

3. When oil is ready for deep frying, take 2 teaspoons, dip into shrimp mixture and form a 1" diameter ball. Drop ball into hot oil, Place about 8 balls into the hot oil. Allow each ball to deep fry 3 minutes. Turn balls so that each will fry to a golden brown colour. Remove balls to paper toweling to drain excess oil from them. Repeat procedure for deep frying rest of shrimp mixture until all of the mixture is used up. Place shrimp balls on a serving platter. Garnish with parsley or other raw vegetable.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Shrimp Toast

Categories: Seafood, Oriental, Wok

Yield: 4 servings

- 2 Water chestnuts
- 1/2 lb Shrimp, cleaned & deveined
- Salt
- Pepper
- 1/2 sm Onion
- 1 tb Corn starch
- 1 Egg
- 8 sl Bread (crusts removed)

Oil for deep frying

1. Dice onion, water chestnuts, and shrimp together. Mince until fine. Place in small bowl. Add egg, salt, pepper, and corn starch. Mix thoroughly. Spread in a thin layer on slices of bread.

2. Pour oil into a wok, halfway up. Turn heat on to highest point. When you think oil is sufficiently heated, take a bread crust and test it to see if it is up to the proper temperature. If bread crust readily browns to a golden colour then oil is ready. If bread crust fails to brown, then oil is not ready yet. If bread crust turns to a dark brown, then shut heat off and allow oil to cool at least 5 minutes before turning burner back on. Be sure and retest oil before deep frying shrimp toast.

3. Place a slice of bread with the shrimp mixture face down in the hot oil and deep fry about 3 minutes until golden brown colour. Turn bread and fry reverse side. Remove to paper toweling to drain excess oil. Repeat procedure until all slices are done.

4. Cut slices of shrimp toast into strips or triangles. Serve immediately.

NOTE: Very nice to serve for after theatre snack. Shrimp can be minced and mixed ahead of time. Deep frying can be done at last minute.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Sweet and Sour Fish Fillets

Categories: Fish, Oriental, Wok

Yield: 6 servings

1 lb Ocean perch

Corn starch

1/2 c Flour

1 Egg

1/2 c Water

Salt

Oil for deep frying

1/3 c Brown sugar

- 1/3 c Cider vinegar
- 1/2 c Pineapple chunks
- 1/2 Carrot, shredded
- 2/3 c Sweet pickles
- 1 Tomato, cut into wedges
- 1 1/2 tb Corn starch, dissolved in
- 1/2 c Water

1. Slice ocean perch fillets into pieces about 2x1". Dredge in corn starch and allow to dry slightly on wax paper. Make a batter of about 1/2 cup flour, 1 egg, 1/2 cup water, and salt

2. In a separate small pot, dissolve 1/3 cup brown sugar and 1/3 cup cider vinegar over medium heat. Stir up corn starch in 1/2 cup water, add to pot. Stir thoroughly. Add pineapple, carrot, sweet pickles, and tomato. Cook 3-5 minutes until sauce is clear and not cloudy. Reserve.

3. Pour oil halfway up wok. Turn heat on highest point. When you think oil is hot enough for deep frying, take a piece of bread crust and place in oil to see if it is ready. If the bread crust is not browned readily, then oil is not ready. If the bread crust is medium brown, then oil is ready. If the bread crust is a dark brown, then turn oil off and allow it to cool at least 5 minutes before using. Be sure and retest oil before deep frying anything in it. When the oil is ready, place 8-10 pieces of fish in batter. Take a pair of chopsticks or fork and carefully lift pieces of fish from batter into oil. At first the fish will sink to bottom of oil. They will rise. When the fish is risen, deep fry about 4 minutes, 2 minutes on each side. Remove fish to paper toweling to drain excess oil, then arrange fish on serving platter. repeat procedure until all fish is deep fried. Pour sweet and sour sauce over fish.

NOTE: Shrimp or chicken are good substituted for the fish in this recipe.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Shrimp with Sweet Red Pepper and Cucumber
Categories: Seafood, Oriental, Wok
Yield: 4 servings

2 c Shrimp, shelled & deveined

-OR

1/2 lb Shrimp, shelled & deveined

1 md Onion, sliced

1 Sweet red pepper, sliced

1 Cucumber, pared and sliced

-1/4" thickness

1 tb Soya sauce

1 t Sugar

Salt

3 tb Oil

1. Wash and slice all ingredients, as needed.

2. Place oil in wok, add shrimp and onion, stir fry 2 or 3 minutes until shrimp turn white. Add sliced cucumber, soya sauce, sugar. Stir, cover wok, cook 3 minutes, lifting cover once to stir ingredients. Lift cover up, add red pepper and salt, to taste. Cover wok. Cook everything 2 more minutes. Stir everything well.

NOTE: Chicken can be substituted for shrimp.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Shrimp with Bean Sprouts

Categories: Seafood, Oriental, Wok

Yield: 6 servings

1/2 lb Shrimp, shelled & deveined

1 md Onion, sliced

4 c Fresh bean sprouts

3 tb Oil

1 tb Soya sauce

2 tb Water

1. Prepare shrimp and onion.

2. Heat oil in wok to smoking point. Stir fry shrimp and onion in it for 3 minutes. Add salt, bean sprouts, soya sauce and 2 tablespoons water to wok. Stir ingredients well, cover wok and cook ingredients 5

minutes, lifting wok cover to stir ingredients 2 or 3 times. When all is cooked, serve in platter.

NOTE: A very nutritious dish for winter eating. Pork, chicken, or beef may be substituted for shrimp. If cooking beef, unless it is ground beef, it should be taken out of wok and held in reserve, before cooking bean sprouts.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Shrimp with Chili Sauce

Categories: Seafood, Oriental, Wok

Yield: 3 servings

1/2 lb Shrimp, shelled & deveined

1 Onion, sliced thinly

3 tb Chili sauce

Salt

3 tb Oil

1. Prepare shrimp and onion.
2. Heat oil in wok to smoking point. Stir fry shrimp and onions in it for about 2 minutes. Add salt and chili sauce. Stir everything together and cook about 2-3 minutes longer.

NOTE: Shrimp do not require a great deal of cooking time, so do not overcook as they will have a tendency to become "tougher" in texture.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Saute' Broccoli

Categories: Vegetables, Oriental, Wok

Yield: 4 servings

1/2 bn Broccoli

3 tb Oil

1 tb Soya sauce

2 tb Sugar

Salt

1/4 c Water

1. Wash, trim, and slice on a bias, broccoli into 3" lengths.
2. Place oil in wok and heat to smoking point. Place broccoli in wok and stir fry. Add soya sauce, sugar, salt. Stir. Add 1/4 cup water. Cover wok. Cook broccoli for 7 1/2 minutes. Lift cover up during cooking process, 2 or 3 times to stir broccoli, so that it will cook evenly on all sides.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Saute' Spinach

Categories: Vegetables, Oriental, Wok

Yield: 4 servings

1 pk Spinach, washed (10 oz)

1 md Onion, sliced

3 tb Oil

Salt

1. Wash spinach and slice onion.
2. Place oil in wok, heat to smoking point. Add onion to wok, stir. Add spinach, stir spinach from bottom to top of wok. Cover wok briefly. Lift cover up and keep stirring spinach until it is wilted. Cook the spinach a full five minutes, covering and uncovering the wok as you are stir frying.

NOTE: Other leafy green vegetables may be similarly cooked, such as lettuce, bok choy, celery cabbage, and rupini.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Hot and Sour Cabbage

Categories: Vegetables, Oriental, Wok

Yield: 5 servings

1/2 md Head of cabbage, shredded

4 Hot peppers

2 tb Soya sauce

Pepper

Salt

2 tb Cider vinegar

2 tb Brown sugar

2 tb Oil

1/2 c Water

1. Shred cabbage. Remove seeds from hot peppers, slice. Assemble other ingredients.

2. Heat oil in wok to smoking point. Add hot peppers, stir fry a half minute. Add cabbage, salt, pepper, stir thoroughly and fry about 2 minutes. Add 1/2 cup water, cider vinegar, soya sauce, and brown sugar. Stir thoroughly. Cover wok, cook ingredients 8-10 minutes. Lift wok cover from time to time to stir mixture.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Salad Greens a la Chinois

Categories: Vegetables, Oriental, Wok

Yield: 8 servings

8 Lettuce leaves, broken up

1 Cucumber, sliced thin

2 Tomatoes, cut into wedges

1 Green pepper, seeded&sliced

1 Garlic clove, minced fine

3 tb Oil

Salt

1 tb Vinegar

1 tb Sugar

1. Prepare and assemble all ingredients.

2. Place oil in wok and heat to smoking point. Stir fry garlic in it, 1 minute. Add cucumber and pepper, stir fry 1 minute. Add tomatoes, lettuce, stir fry another minute. Then add salt, winegar, and sugar. Stir fry all ingredients for another 3 minutes, until lettuce leaves

are wilted.

NOTE: The outer leaves of a lettuce can be used for this dish, instead of being discarded. This dish can be served in lieu of a tossed salad.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Stuffed Cucumbers

Categories: Vegetables, Oriental, Wok

Yield: 4 servings

2 Cucumbers, peeled

3 tb Oil

3 lg Shrimp, cleaned & deveined

1 sl Pork or chicken, 2x4"

2 Water chestnuts

1 sl Onion (thick slice)

Salt

Pepper

1 sm Egg

-OR

1/2 lg Egg

1 t Corn starch

3 tb Water

1. Clean and prepare ingredients. Use your Chinese cleaver and mince shrimp, meat, water chestnuts, and onion together until fine. Place mixture in small bowl, add salt, pepper, egg, and corn starch to it. Slice cucumbers into 1/2" slices. Remove seeds from cucumber cavity, leaving a slight bit in bottom of cavity to form a hollow for holding filling. Fill cucumbers.

2. Place oil in wok and heat to smoking point. Reduce heat to medium dial. Carefully place stuffed cucumber slices in wok with filling side up. Add 3 tablespoons water, cover wok and steam ingredients for 25 minutes. Check periodically to see if there is enough moisture left in wok for steaming. There shld be, if your heat is not above medium.

3. At the end of 25 minutes, check to see if pork is cooked through,

and if cucumber slices are tender. If not, cook slightly longer.
Remove cucumbers to platter. If desired, soya sauce can be dribbled over slices.

NOTE: This is a beautiful party dish. If desired, the stuffed cucumbers could be arranged in a heat proof dish and steamed in a steamer.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Mushrooms in White Sauce

Categories: Vegetables, Oriental, Wok

Yield: 6 servings

3/4 lb Mushrooms

3 tb Oil

2 tb Water

1/4 c Milk

1 tb Corn starch, dissolved in

1/4 c Water

Salt

1 Parsley sprig

1 sl Luncheon ham

1. Select mushrooms with unopened caps. Cut off stems of mushrooms, so that only caps remain. Retain mushroom stems for soup. Mince the slice of ham, also mince parsley. Assemble other ingredients.

2. Place oil in wok, heat over low medium heat about 2 minutes. Add mushrooms to wok and stir fry 1 minute. Add 2 tablespoons water, cover wok, and gently stir fry mushrooms for about 6 minutes. Lift cover 2 or 3 times to stir mushrooms during this cooking period. When mushrooms are cooked, remove them to a platter. Arrange mushrooms with caps upright, pour juices from wok over them.

3. Place 1/4 cup of milk in wok, add thoroughly stirred corn starch solution. Cook over low medium heat until white sauce is thickened. Pour white sauce over mushroom caps, garnish with the minced ham and parsley.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Deluxe Vegetable Braise

Categories: Vegetables, Oriental, Wok

Yield: 6 servings

- 1 1/2 c Cauliflower, broken into
-medium sized flowerettes
- 1 1/2 c Broccoli, sliced into 3"
-shreds
- 1 1/2 c Fresh green beans, snapped
- 1 1/2 c Zucchini, sliced diagonally
- 3 tb Oil
- 1/2 c Water
- Salt
- 1/2 c Cashews (opt)

1. Slice and prepare all vegetables.

2. Place oil in wok, heat to smoking point. Add cauliflower to wok, stir fry cauliflower until oil coats most of it, add 1/2 cup water, cover wok and cook cauliflower 4 minutes, lifting cover to stir cauliflower 2 or 3 times. Add beans, stir, cover wok and cook ingredients 4 more minutes, lifting cover to stir ingredients, 2 or 3 times. Add broccoli, zucchini, and salt. Stir everything up. Cover wok and cook all the ingredients for a further 7 1/2 minutes, lifting cover to stir ingredients periodically. When all is cooked, place food on platter. If desired, a 1/2 cup of cashews could be sprinkled over all before serving.

NOTE: This is a beautiful vegetable dish that could be served along side of a regular Canadian meal, such as roast beef, broiled steak, chops of all kinds, or all by itself as a main course.

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MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Asparagus Braise

Categories: Vegetables, Oriental, Wok

Yield: 4 servings

1/2 lb Asparagus, thinly sliced
-on the diagonal
1/2 c Bamboo shoots, sliced
1/2 c Water chestnuts, sliced
1 c Celery, sliced diagonally
-OR
1 lg Celery stalk, sliced
-diagonally
1 c Fresh mushrooms, sliced
-OR
3/4 c Canned mushrooms
1/2 c Cashews (opt)
3 tb Oil
Salt

1. Clean and prepare vegetables.

2. Heat oil in wok to smoking point. Stir fry asparagus in wok for about 2 minutes. Reduce heat to low medium, cover wok and cook asparagus for 5 more minutes, lifting cover 3-4 times to stir it. At the end of 5 minutes, add all the other ingredients except cashews raise heat 1 notch, stir fry 3 minutes with cover over wok. Lift cover at least once or twice to stir vegetables, so all will be cooked through. Place food in platter, if desired sprinkle cashews over all.

NOTE: A very lovely party dish, especially in spring, when asparagus is available.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Egg Foo Yung
Categories: Cheese/eggs, Oriental, Wok
Yield: 3 servings

1/4 c Cooked or raw meat, sliced
-fine
1 sm Onion, minced
2 c Bean sprouts, cooked cooled
-and drained
Salt

Pepper

Oil

3 Eggs

1. cook bean sprouts in water about 7 minutes. Pour into a sieve and drain thoroughly. Canned bean sprouts may be used - merely drain them thoroughly.

2. Stir fry meat and onions in a wok until meat is cooked. Put meat into a dish and allow to cool.

3. When ingredients are cooled, mix them all together in a small bowl along with 3 eggs, salt, and pepper. Do not overmix the ingredients once the eggs have been added, as a heavy hand will cause eggs to become too liquid.

4. Add oil to a wok so that it will be to a depth of 1" in the center. Turn burner on medium setting and heat oil up for about 5 or 6 minutes. Ladle in 1/3 of your omelette mixture into the wok. Use a minute timer and set it for 5 minutes. Cook your omelette the full 5 minutes. Flip your omelette over and cook the reverse side a full 5 minutes. At the end of the cooking time, take a turner and press down on your omelette while it is still in the wok, if raw egg oozes out, then cook patty some more. If patty is cooked, egg should not ooze out. Remove cooked patties to serving platter. Repeat cooking procedure for other two patties. Note: oil for the 2nd and 3rd patties will become foamy, so lower your heat setting slightly. There should be enough oil in your wok initially so that additional oil is not required for the last 2 patties. Discard any oil that is remaining in wok, after cooking egg foo yung.

5. Arrange patties on serving platter. (You may wish to serve gravy with patties. Recipe for gravy follows.)

NOTE: A minute timer is suggested in this recipe for use, as egg foo yung patties readily break up in the wok, if they do not receive sufficient cooking time.

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MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Chicken Velvet

Categories: Cheese/eggs, Oriental, Wok

Yield: 4 servings

1/2 c Raw chicken breast meat,
-minced
1 ts Corn starch
Salt
1/4 c Water
4 Egg whites
2 tb Oil

1. Mince chicken very finely. Add corn starch and salt to minced chicken. mix. Carefully add water to minced chicken mixture a few drops at a time until it is absorbed.

2. Beat egg whites until very stiff. Carefully fold chicken mixture into egg whites.

3. Place 2 tablespoons oil in wok. Heat wok up under low medium heat for about 2 minutes. Carefully pat egg white mixture into the wok. Reduce heat to low setting. Cook, uncovered, in wok about 15 minutes until omelette is set. Carefully loosen omelette, flip to reverse side and cook a further 10 minutes. Remove to a serving platter.

NOTE: If desired, omelette may be served with gravy from next recipe.

MMMMM

MMMMM----- Recipe via Meal-Master (tm) v8.01

Title: Gravy for Egg Omelettes

Categories: Cheese/eggs, Oriental, Gravies, Wok

Yield: 4 servings

1 c Meat stock
Salt
2 tb Corn starch, dissolved in
1/4 c Water
Soya sauce
MSG (opt)

Heat meat stock in a small pot. Add salt, soya sauce until desired flavor and color is achieved. (Usually medium brown color is

avored). Mix up the corn starch thoroughly in 1/4 cup water, add to the meat stock, stir vigorously and cook until stock is thickened. Serve over egg foo yung or chicken velvet.

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